

Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program

Effective October 1, 2021

The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the ounce equivalents (oz eq) for nine groups (A-I) of grain foods. The chart below lists the Exhibit A ounce equivalents that apply effective October 1, 2021, to the meal patterns for preschoolers (ages 1-4) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. Groups F and G do not have minimum amounts because grain-based desserts do not credit in the preschool meal patterns.

These amounts apply to creditable commercial grain products and may also be used for creditable grain recipes that indicate the weight of the prepared (cooked) serving. For additional guidance, see the Connecticut State Department of Education's (CSDE) handouts, [How to Identify Creditable Grains for Preschoolers in the NSLP and SBP](#), [Whole Grain-rich Criteria for Preschoolers in the NSLP and SBP](#), [Crediting Whole Grains in the NSLP and SBP](#), [Crediting Enriched Grains in the NSLP and SBP](#), and [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#). **Note:** At least one serving of grains per day must be whole grain-rich (WGR). The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day.

The required amount for ages 1-4 is ½ oz eq.	
Group A	Oz Eq for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers ¹ Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce

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Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group D
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
French toast	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce
Group F	Oz Eq for Group F
None (grain-based desserts do not credit) ²	None
Group G	Oz Eq for Group G
None (grain-based desserts do not credit) ²	None
Group H	Oz Eq for Group H
Barley Breakfast cereals, cooked ³ Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry $\frac{1}{2}$ oz eq = $\frac{1}{4}$ cup cooked or $\frac{1}{2}$ ounce (14 grams) dry

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Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ³	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds</p> <p>1 oz eq = 1 ¼ cups or 1 ounce for puffed cereal</p> <p>1 oz eq = ¼ cup or 1 ounce for granola</p> <p>½ oz eq = ½ cup or ½ ounce for flakes and rounds</p> <p>½ oz eq = ¾ cup or ½ ounce for puffed cereal</p> <p>½ oz eq = ⅛ cup or ½ ounce for granola</p>
<p>¹ As a best practice, the USDA encourages preschool menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and ASP snacks served to preschoolers.</p> <p>² Grain-based desserts in groups E-F are not listed in this chart because they do not credit in the preschool meal patterns. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. For more information, visit the USDA's webpage, Grain-Based Desserts in the CACFP.</p> <p>³ RTE and cooked breakfast cereals must be whole-grain, enriched, or fortified; and cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE's handout, Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP, and visit the USDA's webpage, Choose Breakfast Cereals That Are Lower in Sugar.</p>	

Resources

Calculation Methods for Grain Servings for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNPpreschool.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCreditingSNP.pdf>

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPpreschool.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrainsSNP.pdf>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrainsSNP.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA webpage):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for Preschoolers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/IdentifyCreditableGrainsSNPpreschool.pdf>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents>

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Grains_oz_eq.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Resources for the Preschool Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ResourcesPreschoolMealPattern.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers-0>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/SP34_CACFP15_SFSP15-2019s.pdf

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

Whole Grain-rich Criteria for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRCriteriaSNPpreschool.pdf>

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP



For more information, review the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainOzEqSNPpreschool.pdf>.

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